FLIP-FLOPS AT WORK? A STYLE FAUX PAS

EXPERTS WEIGH IN ON SUMMER'S OFFICE DRESS CODE. PAGE 10

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Two girls lighter, but all woman, Jolie is still radiant

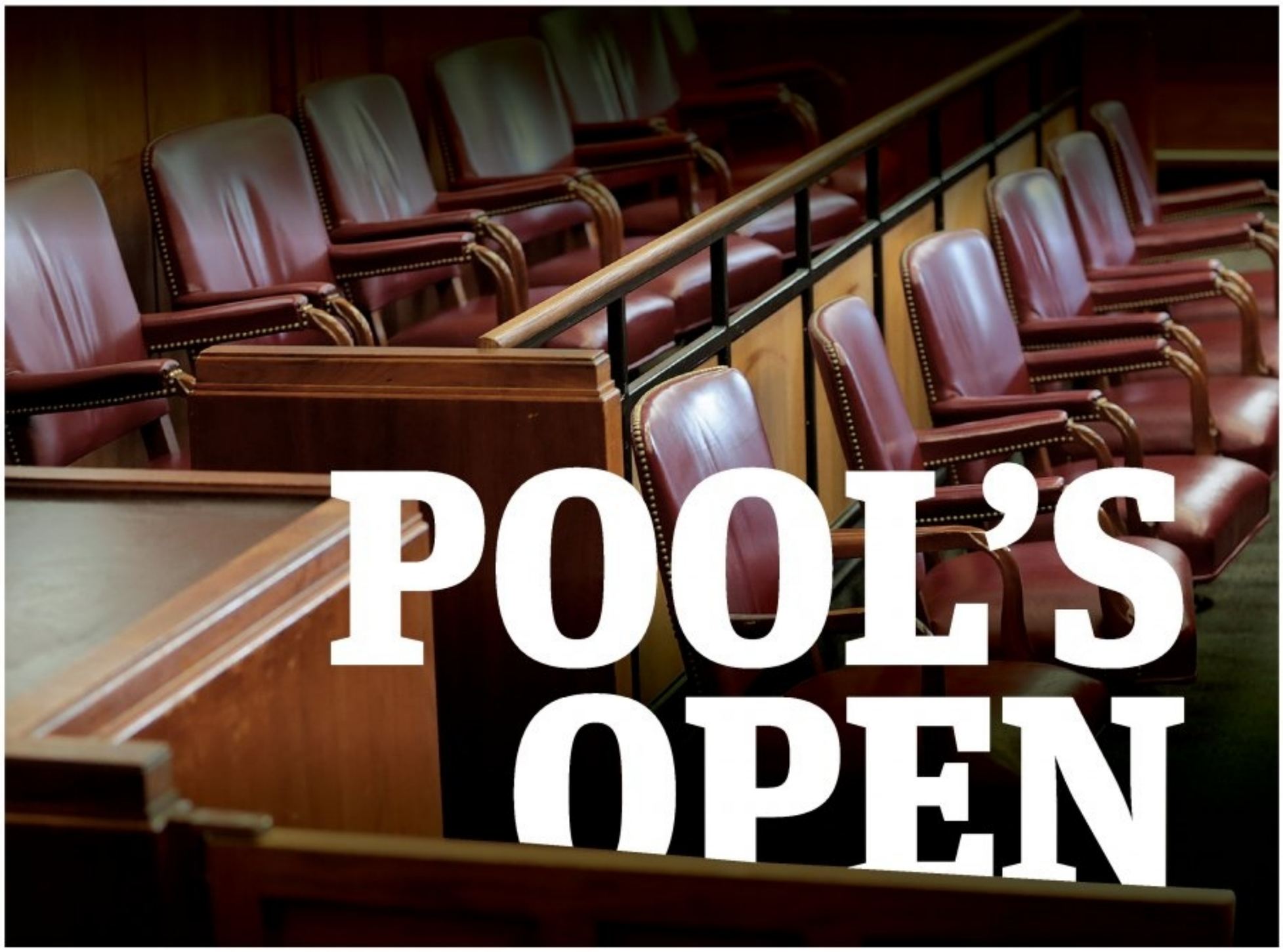
PAGE 07

The new normal: Challenging the diagnosis

PAGE 08

In Rask we trust: Bruins goalie winning fans

PAGE 13



POOL'S OPEN

Whitey's fate. Jury selection begins this week in the trial of alleged mob boss and longtime fugitive James "Whitey" Bulger. **One crazy summer.** Eighteen people will be picked to spend their summer in the jury box. **Infamous.** Expert says with hundreds of potential jurors from across the state, it is possible to find people that have never heard of the Hub's most notorious man. PAGE 02

1 NEWS

BURGER KING

Online

Trending online at Metro.us

1 Video: Burger King's Hands Free Whopper Holder is a real thing. A real, really gross thing.

2 Video: Brits take offense with Ikea garden gnome ad

3 Noah's Ark theme park wants to show the Flood was "plausible"

Today's tweet

"If you have to empty your multiple carryons all over the floor to get through security, you're doing it wrong. #boston #logan #cantfixstupid"

@burpleyak is a frustrated flier.

MBTA crime

Woman hurt in scuffle with alleged phone thief

A woman was hurt Thursday night during an altercation with a man who allegedly tried to steal her phone at Tufts Medical Center MBTA station.

Joaquin Armaiz, 43, of Boston, allegedly demanded the woman's cell phone, and when she refused, struggled with her, causing her to fall down a flight of stairs and scrape her face.

She managed to hold onto her phone, according to police. Armaiz was arrested after fleeing to the corner of Tremont and Boylston Street.

He was charged with unarmed assault to rob. METRO

Homicide probe

Woman killed in Roxbury shooting

A woman was killed and a man wounded after a shooting in Roxbury Saturday afternoon, Boston Police said.

The pair, both believed to be in their 20s, were shot around 3:22 p.m. while sitting in a silver sedan on Walnut Avenue.

The woman was pronounced dead at the scene.

The man was taken to Boston Medical Center with non-life-threatening injuries. METRO

Shots fired

Man killed in police shootout

A Boston police officer shot and killed a man in Dorchester around 1:49 a.m. yesterday after he allegedly fired at officers.

Police were investigating a call for shots fired on Willowwood Street when they approached alleged shooter in his car.

The Suffolk County district attorney's office and Boston Police Department's Internal Affairs Unit are investigating. METRO

The trial will take place at the John Joseph Moakley Federal Courthouse in South Boston and is expected to last throughout the summer. / NICOLAUS CZARNECKI, METRO

Challenges to finding Whitey Bulger's jury

Notorious. An expert says many young people haven't heard about Bulger's reputation.

Starting this week, 18 people will be picked to decide the fate of one of the most notorious accused killers in Boston's history.

The jury selection process in the trial of alleged mob boss James "Whitey" Bulger is set to begin tomorrow. Some legal experts said that finding an impartial jury can be achieved, despite Bulger's notoriety.

"A lot of folks get most of their news from Jon Stewart and … [Stephen] Colbert, so my guess is that if you have a large enough jury pool from perspective jurors, you will likely find folks who don't know much about it, especially younger folks," said Robert Bloom, a Boston College law professor who has prosecuted cases in Norfolk County.

Bulger, 83, will face trial at the federal courthouse in South Boston. It serves as the main federal court for the District of Massachusetts and draws potential jurors from a pool of thousands of people in Barnstable, Bristol, Dukes, Essex, Middlesex, Nantucket, Norfolk, Plymouth and Suffolk counties.

Court officials said last week that the jury pool for Bulger's trial will be in the hundreds.

During a March hearing, Judge Denise Casper said she anticipated seating 18 jurors for what is expected to be a lengthy trial.

The 18 people include six alternate jurors. Casper also said that she expects trial days to last from 9 a.m. to 1 p.m. each day, except one day each week that will go from 9:30 a.m. until about 2:30 p.m.

Both Bulger's lawyer and an assistant U.S. attorney said that they expected the trial to last through August and possibly into September, with prosecutors ready to perform a lengthy cross-examination if Bulger makes good on his promise to testify.

While federal jurors are compensated $40 per day and for travel, having to sit inside a windowless courtroom for the entire summer will likely not be appealing to many people in the jury pool.

Jurors will have to come up with a good reason to avoid that, said Boston-area attorney William D. Kickham.

"Given the seriousness of this case and the fact that everyone is required to serve some term of jury service, jurors shouldn't expect that they can just get an automatic out," he said.

Selection process

The jury selection process will begin tomorrow.

- Among the first steps for potential jurors will be to fill out a questionnaire. A proposed form submitted by both sides at the end of April consisted of 51 questions.
- Jurors will also have to submit to criminal background checks, a request by federal prosecutors that was approved by Judge Denise Casper last month.

Optimal jurors

BC Law School Professor Robert Bloom explains what he thinks prosecutors and defense will look for in the Bulger trial jurors.

Prosecution: "If I were the government, I might be looking for people who might be perceived to be law and order folks who wouldn't think the FBI would be involved [with] such an individual."

Defense: "If I were the defense, I would be looking for people who might be interested more in the rights of citizens and the inherent distrust for law enforcement agencies."

MICHAEL NAUGHTON
michael.naughton@metro.us

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City politics

Yancey qualifies for mayoral race

Boston City Councilor Charles Yancey yesterday became the seventh mayoral candidate to be certified by the city election department. He hasn't officially launched a campaign, but has made plans to appear in an upcoming mayoral forum. **GLOBE**

Dressed for distress

Volunteers in costume stage evacuation

About 120 volunteers donned Halloween costumes yesterday at the Salem commuter rail station as part of an emergency drill set to take place at the height of Salem's tourism season — Halloween. **METRO**

A woman in a Rastafarian costume is wheeled on a stretcher.
SOCIAL PALATES PHOTOGRAPHY

Mayoral medicine

Menino's surgery a success

Boston Mayor Thomas Menino was hospitalized at Brigham and Women's Hospital over the weekend after undergoing a two-hour surgery Friday morning for an enlarged prostate. Doctors said he is expected to fully recover. **METRO**

Beary scary. Police shoot, kill young black bear in Newton tree

Citing public safety concerns, Massachusetts Environmental Police yesterday shot and killed a young black bear that was in a tree near the Massachusetts Turnpike — after attempts to tranquilize it were unsuccessful.

Officers fired tranquilizer darts from a fire truck ladder, which failed to subdue the bear. After the bear was shot, it fell onto train tracks below, and was reportedly shot again.

Newton Police addressed the incident on their Facebook page, saying, "The Environmental Police were on scene and had control of it. They tried several times to tranquilize the bear, but in the end, they had no other choice. We are very saddened by this."

That statement was later deleted from the page, but people continued to weigh in on social media.

"What you did to that bear is terrible, even criminal," Donald Conrad wrote on the department's Facebook page, and Carrie-Ann Aubee said, "Whoever shot and killed that bear should be ashamed of themselves. No need for that."

Attempts to reach MEP were unsuccessful yesterday. A Newton police officer handling calls declined to comment on the incident.

MORGAN ROUSSEAU

Good intentions

Earlier in the day, Newton Police wrote a lighthearted statement on their Facebook page.

- "The little black bear is visiting. He's excited about the big game last night. He is in a tree on Washington St. Please keep your distance if you happen upon the scene ... We don't want him to get scared and fall onto the train tracks."

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for our Heroes

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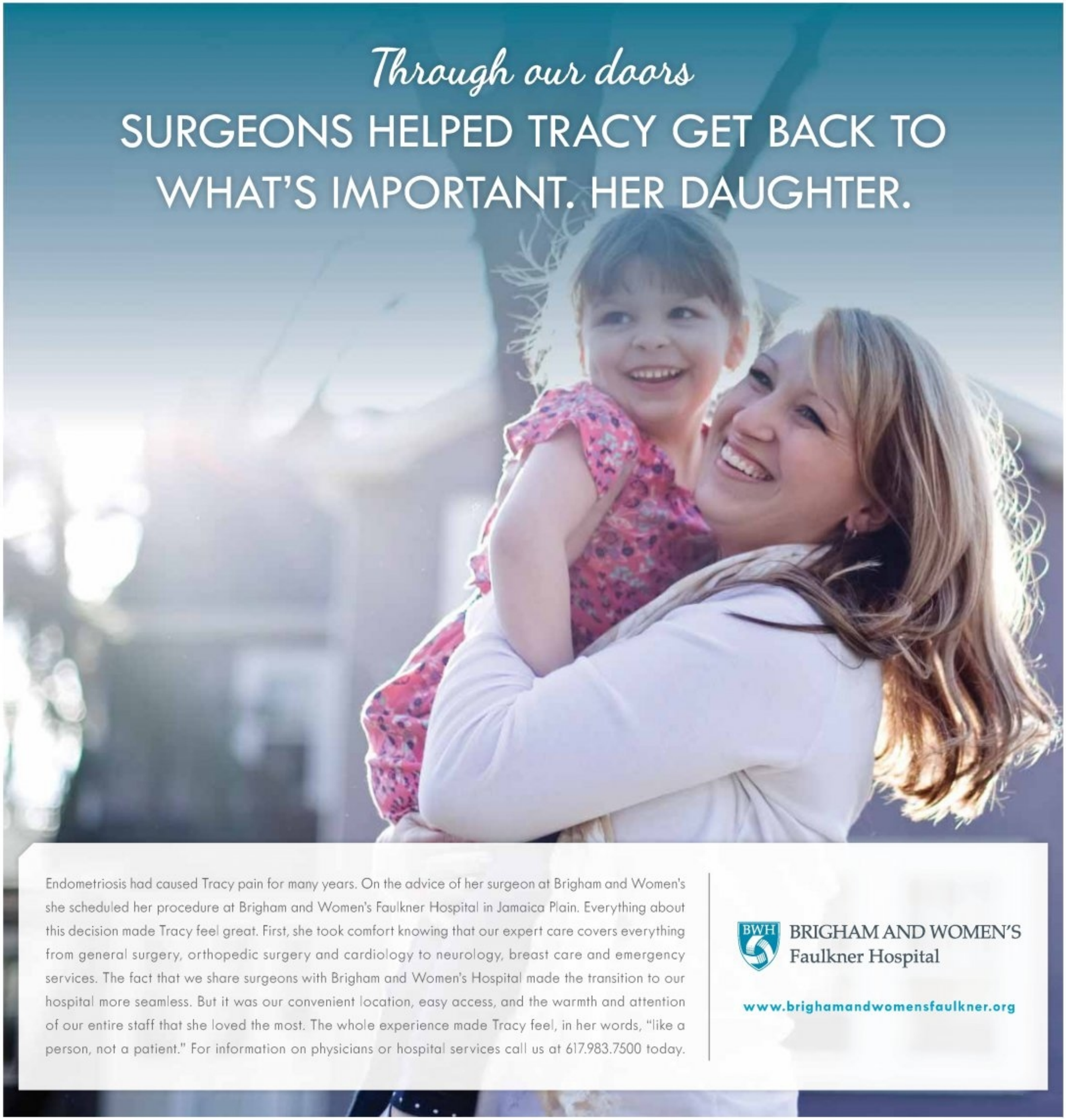
Thousands attend annual Dorchester Day Parade

Tuan Ho of the Volvinam Martial Arts studio dressed as a dragon during the 109th annual Dorchester Day Parade, which runs three miles along Dorchester Avenue from Washington Street to Columbia Road.

ERIN BALDASSARI, METRO

Through our doors

SURGEONS HELPED TRACY GET BACK TO WHAT'S IMPORTANT. HER DAUGHTER.



Endometriosis had caused Tracy pain for many years. On the advice of her surgeon at Brigham and Women's she scheduled her procedure at Brigham and Women's Faulkner Hospital in Jamaica Plain. Everything about this decision made Tracy feel great. First, she took comfort knowing that our expert care covers everything from general surgery, orthopedic surgery and cardiology to neurology, breast care and emergency services. The fact that we share surgeons with Brigham and Women's Hospital made the transition to our hospital more seamless. But it was our convenient location, easy access, and the warmth and attention of our entire staff that she loved the most. The whole experience made Tracy feel, in her words, "like a person, not a patient." For information on physicians or hospital services call us at 617.983.7500 today.

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Q & A with ...

BARBARA ANTHONY

UNDERSECRETARY OF CONSUMER AFFAIRS AND BUSINESS REGULATION

TELEMARKETERS: TELL THEM, 'DO NOT CALL'

Telemarketers are driving me crazy, and now they've started calling me on my cell phone. I heard that I can be put on a "do not call" list. Where can I go register?

There are two do-no-call lists that Massachusetts consumers can sign up for. You may register your home and cell phone numbers online for the Massachusetts Do Not Call Program at www.govone.com/man/welcome.asp and for the Federal Trade Commission's National Do Not Call Registry at www.donotcall.gov to notify businesses not to call you.

Once you register on these lists, the calls should stop after 31 days. However, businesses that ignore the law on telemarketers will continue to call regardless of your registration status. If you continue to get bothersome calls, file a complaint with the Federal Trade Commission. They keep track and ,if enough complaints come in, may investigate. Political organizations, charities and telephone surveyors are still allowed to call, as they are not "telemarketers" by law.

Quoted

Once you register on these lists, the calls should stop after 31 days. However, businesses that ignore the law ... will continue to call regardless of your registration status.

I saw an ad in the paper for a great car. It is for sale by owner. Are there any safeguards in case I'm sold a defective car?

When buying a car from a private seller, the Used Vehicle Warranty Law requires private party vehicle sellers to disclose any known use or safety defects prior to selling the car. The law applies to all private party sales regardless of sales price or mileage. If you can prove that the seller knew about a defect prior to the sale, you might be able to cancel the sale within 30 days of purchase. The seller must refund the amount paid for the vehicle, minus 15 cents for every mile it was driven by the buyer. If the seller refuses to agree to cancel the sale and contract within the 30 days from purchase, you may bring the matter to court.

Each month, Undersecretary of Consumer Affairs and Business Regulation Barbara Anthony will answer consumer questions from Metro readers. Send your questions to consumer.communications@state.ma.us with "Ask the Undersecretary" in the subject line.

Marathon bombings

US lawmakers want better cooperation with Russia after Boston bombs

U.S. lawmakers on a mission to Russia said yesterday they found no evidence that an American intelligence error enabled the Boston bombings, but that closer cooperation between Washington and Moscow might have helped to thwart the attack.

"We've been asked a number of times, do we believe that the Boston Marathon massacre could have been thwarted — could it have been prevented?" said U.S. Rep. Dana Rohrabacher. "And the answer is, there's nothing specific that could have been done that we can point to that, had it been done differently, would have prevented this." REUTERS

Portuguese pride

Portuguese community to be honored at Heritage Day

The 29th annual Heritage Day of Portugal will be held tomorrow at the State House to recognize people of Portuguese heritage in Massachusetts, as well as Portuguese community advocates.

The event will be hosted by Sen. Marc Pacheco, of Taunton, and Rep. Antonio Cabral, of New Bedford, both co-chairs of the Portuguese American Legislative Caucus. Alves Cordeiro, president of the Regional Government of the Azores Vasco, will be this year's guest of honor.

Awards will be presented to people who have excelled or served as role models in their Portuguese communities. SHNS

Type 1 Diabetes?

Up to 70% of people with diabetes develop nerve damage.

Diabetes nerve damage can affect the legs, feet, or hands, causing numbness or loss of sensation. But since this nerve damage comes on gradually, many do not even realize they have a problem - until it leads to more serious complications.

Doctors at the Translational Pain Research Group at Brigham and Women's Hospital are conducting a research study of an investigational medication that may help reduce nerve damage for people with type 1 diabetes. If you choose to participate, you will receive a no cost, non-invasive test to help determine if you have early signs of diabetes nerve damage. You will also be compensated for time and travel.

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To learn more, and to see if you might qualify, please call **1-888-578-8390** or visit **www.DiabetesNerveStudy.com**

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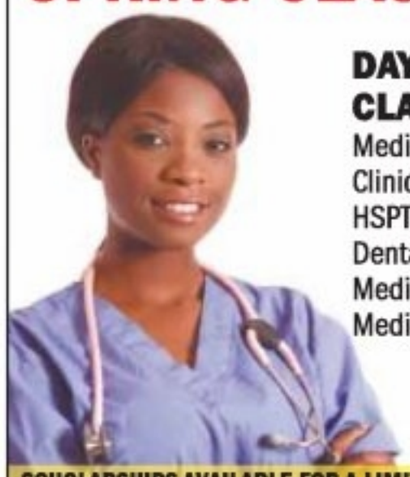

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1 Beyonce posts a picture of her drinking wine

It's the first tell-tale sign that a friend is pregnant — when you go out to dinner and they pass on their usual cocktail. Beyonce took the opposite approach recently in a post to her Tumblr: She showed a picture of her drinking. After undergoing world-wide speculation she's expecting, she decided to show this photo of her perched in husband Jay-Z's lap sipping a glass of red wine on a recent trip to Germany. So either she's really not pregnant — or she likes her fetus to be tipsy. You decide.

Jolie returns to the red carpet

Weeks after announcing she underwent a double mastectomy in April, Angelina Jolie made a triumphant return to the red carpet on Sunday. The star appeared in front of thousands of screaming fans at the premiere of Brad Pitt's new film, "World War Z," in London. / GETTY IMAGES

2 Bieber's latest tattoo

Justin Bieber can't stop getting tattoos — or at least he won't stop. The 19-year-old pop star appears to be averaging about one new piece of body art a month for 2013. His latest, as unveiled when he attended the premier for pal Jaden Smith's new film, "After Earth," appears to be a rendering of a knight in shining armor on the inside of his left forearm, according to Splash News. That happens to be the arm where he's put most of his new ink, including a tiger head on his bicep, a cartoon owl and an angel by his wrist that first appeared during his European tour. It won't be long now before Bieber is sporting a full sleeve on his left arm, none of which he'll come to regret, I'm sure.

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyalmetro
dorothy.robinson@metro.us

3 Phillip Seymour Hoffman out of detox for heroin

In a shocker broken by TMZ.com right before the weekend, it seems like Philip Seymour Hoffman was using heroin.

On Friday, the site published the report that the actor completed 10 days in a detox program for abuse of narcotics and heroin. The star, who has battled addiction in the past, apparently fell off the wagon with prescription drugs. He eventually turned into heroin but not for very long. Hoffman said he'd only been snorting the bad stuff for a week when he realized that, well, he was abusing heroin. He entered a detox facility before checking himself out after 10 days.

4 Amanda Bynes wants to sue ... everyone

Amanda Bynes is now making an effort to control what the press writes about her — under threat of lawsuit. "All magazines: Contact me personally! I'm sick of your insanity! You can not talk about someone you don't know," she wrote in her latest Twitter screed. "You can't state something about me by hearing it through someone I don't know [or] met once and never spoke to again who now claims to still know me enough to check my brain and search inside it and find a developed-at-27 mental illness without getting a huge lawsuit at your office. If you speak to a 'source' who claims to know me, they don't! Stop with your insanity! Tweet me! I'll [message] you my info!"

2 CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Rebel Wilson doesn't need dance music to work out, Olivia Wilde is getting into character, Sofia Vergara is getting replicated and Lena Dunham is feeling outclassed.

@RebelWilson: when I'm out listening to podcasts it takes my mind off the fact that I'm doing cardio (which is good)

@oliviawilde: Prep for new movie involves wearing trash bags, tin foil, and face plaster. Gaga, eat your heart out?

@SofiaVergara: Exciting news, I'm the next person to get a Madame Tussauds wax figure. So honored!

@lenadunham: If my little sister recommends one more movie about the life of Heidegger I'm gonna freak! Kids these days!

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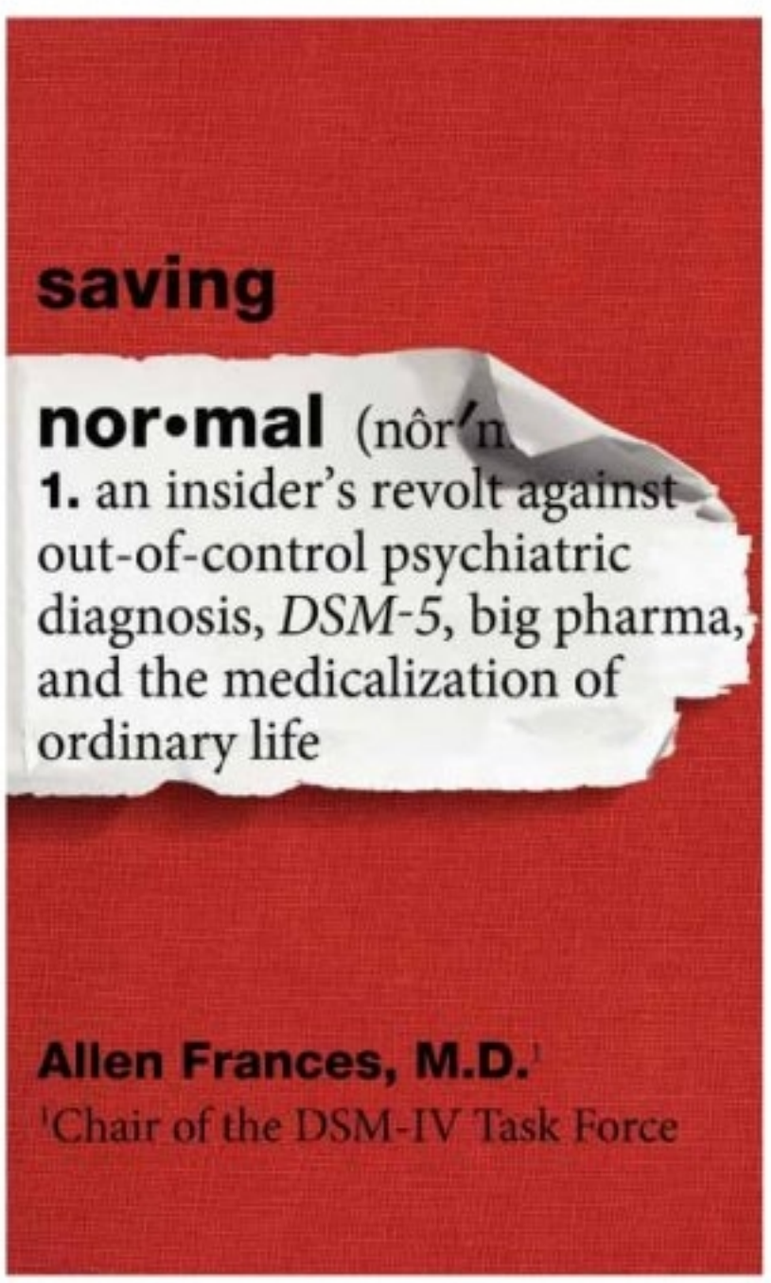
CHALLENGING THE BIBLE OF MENTAL HEALTH

PLUS

Q&A

What would be the most important first step?

Preventing the drug companies from advertising to consumers, which is legal only in the United States. The drug companies use slick and misleading marketing techniques to convince people that problems of everyday life are mental disorders due to a chemical imbalance and requiring a pill solution. Mental illness shouldn't be pedaled like cars and beer.


saving
nor•mal (nôr′m
1. an insider's revolt against out-of-control psychiatric diagnosis, *DSM*-5, big pharma, and the medicalization of ordinary life
Allen Frances, M.D.[1]
[1]Chair of the DSM-IV Task Force

Feeling blue every now and then doesn't necessarily mean you have a mental health disorder. / BLEND IMAGES

Considered the bible of the mental health profession, the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, sets the criteria for distinguishing mental illness from normality, often determining who is sick, what treatment is offered, who pays for it, etc.

But determining what is "normal" is a relatively subjective undertaking that is influenced not only by science, but also by shifting societal pressures. From 1952 to 1973, the DSM classified homosexuality as a mental illness. While I often use the DSM as a guideline for understanding and treating my clients, I am also acutely aware of its limitations.

I was intrigued when I learned that the psychiatrist who led the group of mental health professionals who created the DSM-IV had become the leading critic of the new DSM-V, published last month.

Allen Frances, M.D., came out of retirement to speak out against a series of new diagnoses he believes are over-pathologizing the human condition. I interviewed him about his new book, "Saving Normal: An Insider's Revolt Against Out-of-Control Psychiatric Diagnosis, DSM-5, Big Pharma, and the Medicalization of Ordinary Life."

What you mean by "saving normal"?
Every individual experiences psychiatric symptoms from time to time. The new DSM turns grief into Major Depressive Disorder, worrying about cancer into Somatic Symptom Disorder, temper tantrums into Mood Dysregulation Disorder — and anyone might qualify for Attention Deficit Disorder, especially because it gives legal access to stimulant drugs.

Why does normal need saving?
People who have severe symptoms need urgent diagnosis and treatment. These people are usually being undertreated, while people with problems with everyday life are being overtreated with medication — when they could just as easily benefit from psychotherapy. Twenty-five percent of the American population would now qualify for psychiatric diagnosis, and 1 in every 5 is taking a psychiatric pill. This is often done after a very brief visit with a non-psychiatrist.

What would you suggest people do to prevent this?
People should take as much care when they "buy" a psychiatric diagnosis as when they buy a house or car. Always go to a psychiatrist for a mental health evaluation. If the diagnosis seems to fit, ask lots of questions. If you don't get reasonable answers, get a second or third opinion. Kids are especially hard to diagnose, and often, problems will resolve on their own. Diagnosis should also be done over several weeks to see how things evolve. Most problems get better without pills, which should be reserved for severe symptoms that are causing marked impairment.

— This column is not intended to be used as a substitute for a private consultation with a mental health professional, nor is this therapist to be held liable for any actions taken as a result of this column. If you have any concerns related to this column, make an appointment with a licensed mental health professional. Metro does not endorse the opinions of the author.

No Insurance Necessary

KIM SCHNEIDERMAN, MSW, LCSW
NOVEL-PERSPECTIVE.COM
Kim Schneiderman, MSW, LCSW, is a psychotherapist and former journalist with a private practice in New York City.

ARE YOU A VICTIM OF CURSES?

Do you have any these Symptoms?

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-Debts
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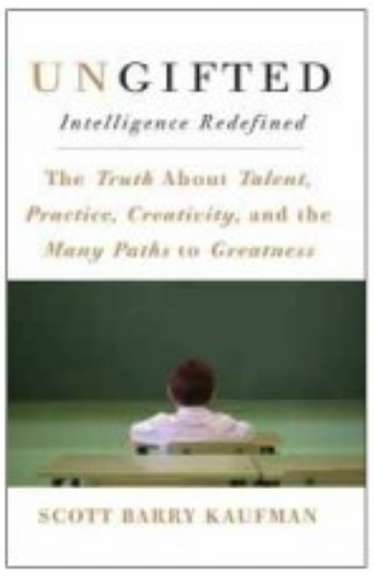
Scott Barry Kaufman on the 'Gift' of persistence

Scott Barry Kaufman wasn't labeled "gifted" academically but found that with persistence, he could get to where he wanted to be. / PROVIDED

Books. The author believes that labels such as 'gifted' can mean big things for education.


UNGIFTED
Intelligence Redefined
The Truth About Talent, Practice, Creativity, and the Many Paths to Greatness
SCOTT BARRY KAUFMAN

After being rejected from Carnegie Mellon University due to his SAT scores, Scott Barry Kaufman was determined to prove he had the intellectual chops to excel at the university. Eventually he was accepted at the prestigious school as a transfer, and he went on to graduate Phi Beta Kappa in 2003. He later received a master's at Cambridge, as well as a doctorate from Yale. He now works as a cognitive psychologist.

So why did the SAT determine that he didn't have the mental chops? In his latest book, "Ungifted: Intelligence Redefined," Kaufman attempts to get to the bottom of that question — for himself, and for students everywhere who find themselves falling through the cracks.

"I think education has got to get out of the business of trying to judge a person's potential. It's just not something we can capture at any one moment in time," says Kaufman. "We're really stuck in a false model of giftedness, where you're either born gifted and you will stay that way the rest of your life, or you're not, and you won't ever be. That's just not in line with current research on human development."

"Ungifted" traces Kaufman's unique mental maturation: He suffered severe ear infections that left him with an auditory disorder in elementary school, which led to a special education classification that was difficult to shake. Woven into his personal narrative is his research on cognitive development, plus an analysis of the major breakthroughs in his field.

"What we think of as an ordinary mind has a lot more capacity than most people realize. If you trace the development of minds that we label 'gifted' or 'genius,' you see a rapid development, but there's also engagement and passion that get overlooked," says Kaufman. "If we find something we're driven to engage in day after day, hour after hour, any of us can demonstrate the kind of behavior that society labels as gifted."

Quoted

"I think education has got to get out of the business of trying to judge a person's potential. It's just not something we can capture at any one moment in time." Kaufman

BRUCE WALSH
bruce.walsh@metro.us

Education brief

MOOCs get more massive

A leading U.S. provider of online college courses announced plans Thursday to expand into introductory level classes such as algebra and composition, marking a shift for a fledgling industry that has until now focused on specialized material.

Coursera, a popular for-profit provider of massive online open courses — known as MOOCs — will host a series of basic general education classes to be developed in partnerships with 10 state university systems across the country.

"If we really want to move the needle, we can't just stick with offering continuing education to lifelong learners," said Daphne Koller, the Stanford computer scientist who co-founded Coursera. "We have to help people achieve degrees that will help them get a better life."

Some believe the expansion of MOOCs will be a hit to public universities, while others see it as a way to provide quality education for all. / GETTY IMAGES

"If we really want to move the needle, we can't just stick with offering continuing education to lifelong learners." Koller

Another top MOOC provider, Udacity, is launching a similar program this summer.

Until now, MOOCs have mainly focused on specialized courses like computational neuroscience. Those MOOCs attracted millions of students, but the majority already had completed college in more traditional settings.

At Coursera, for example, 80 percent of registrations come from students who already have at least a bachelor's degree.

The deals coincide with a rising backlash against MOOCs. Earlier this month, the provost of American University in Washington, D.C., announced a "moratorium on MOOCs," saying a serious debate was in order on issues such as educational quality. Faculty at Duke University voted down a proposal to offer online courses for credit.

In a biting public letter, the philosophy department at San Jose State University last month condemned MOOCs as a threat to the very existence of public universities. Signatories argued the trend would push college professors out of jobs, stifle diversity of thought and deprive students of discussions.

MOOC backers disagree. They say their courses will not replace professors or dismantle universities, but will make quality education more widely available. REUTERS

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Summer attire for the office: Dos and don'ts

Summer rules

Go on, you deserve a pedi. PIXLAND

Our experts suggest:

- ... If you're wearing open-toed shoes or sandals, a pedicure is a must, says Dingwell.
- ... You should invest in a good strapless bra. Bra straps, especially plastic, shouldn't be seen, says Benson.
- ... Lightweight dresses can be a little sheer, so wear a slip, says Santorelli.
- ... If you're not a fan of denim, then colorful ankle-length khakis are a great option, says Benson.

Dress code red. Fashion experts weigh in on what is fly and what won't fly in the office.

It's finally summer, that sweet time of year when we get to shake off our winter doldrums and shed the extra layers of clothing we've been bundled in for the past six months. But though the long, hazy days ahead are synonymous with relaxation, this doesn't necessarily translate to your work wardrobe. It may be beach weather out there, but that doesn't mean you can start showing up to the office looking like you're headed to the shore. We asked four style experts to weigh in on the summer staples that are appropriate for the workplace and the ones you're better off saving for the weekend.

Do: Colored jeans

While jeans are typically seen as a "Friday only" look, a pair with a pop of color is a great way to show off your personality. The right colored jeans definitely work at the office, says Dani McDonald, the owner and manager of Flock, in South Boston. "It's a great way to incorporate the colors of the season into your work attire," she says.

Sure, it's summer — but make sure your dress doesn't look like it belongs at the beach. / ERIC BENSON

Do

Floral sundresses

Think a fun floral print is too youthful for the office? Think again! "Florals are on trend and work perfectly for the office," says Ann Dingwell, owner of Turtle, a boutique in Boston. As long as the dress is the proper length, and not too low-cut, they're an office "do," says Dingwell. To keep warm in AC-blasted offices, Dingwell recommends pairing dresses with a jacket or light cashmere cardigan.

Don't: Flip-flops

While these casual sandals are many people's go-to footwear on a hot day, flip-flopping your way to your desk won't win you any marks at the office. Flip-flops should be worn only at the beach, says Emily Benson, founder and owner of The Fashion Truck, a mobile fashion boutique. "There are so many cute ballet flats, leather sandals and wedge options — flip-flops shouldn't even be an option," says Benson.

Do: Tank tops

"Tank tops in the office are a 'do' if they're dressy," says McDonald. To keep the look work-appropriate, McDonald suggests something structured, like a peplum tank, paired with a skirt.

MARY WHEELER
letters@metro.us

As nonprofits struggle for funding, volunteer opportunities abound. CREATAS

Doing good. Volunteer work can be a great way to add experience to your résumé — and your life

Entering your dream job — or even your dream field — right out of college has always fallen into catch-22 territory: How do you obtain job experience in a field you've never worked in without someone hiring you to get that experience? Well, according to LinkedIn's Career Expert and founder of WORKS, an online resource for career-minded young women, Nicole Williams says that the Millennials, the demographic group born between 1983 and 2000, are currently writing the book on how to get that relevant experience.

Williams says that it's all about volunteer work. Millennials are finding that many of the not-for-profit organizations that have seen funding evaporate with the recent economic woes have been offering positions to volunteers that go beyond trivial daily duties and are actually attached to real skill development.

"Volunteer opportunities are more challenging. They're more interesting. They're more strategic and they offer a lot more than what they did in the past," says Williams. "There are a lot of fundraising positions, social media, marketing, public relations and website development positions. All of those jobs would have been funded at a point in time, but now they're not. So, the experience and the opportunities to learn have just increased exponentially."

What she is seeing trending with the Millennials, who represent the largest number of the over 225 million LinkedIn members who have added the "Volunteer & Causes" field to their profiles, is that they are filling these volunteer positions simultaneously while holding down their first jobs out of college.

"And, frankly, that's pretty smart," says Williams. "What's happening is they're getting a double hit in terms of exposure to new relationships that are hopefully going to lead to full-time employment in their desired field."

Williams also stresses that no cause is too small. If you can't donate time to a part-time position at an organization, she says: "Go out to your community. I was walking down the street in New York City and there's a new "Clean It Up" initiative for the summer season. Yeah, you're going to spend a day sweeping, but that's not the point. You're taking the initiative to go out and find opportunities."

According to Williams, employers are responding to seeing these experiences on résumés as hiring managers are "always looking for an affinity." She believes that the volunteering being done by Millennials illustrates that larger and possible global interests are on their mind, which just might align with the gatekeepers of that dream job. DOUG SMITH

Catching on

Employers seem to be getting it, too

Williams states, "Employers really do understand that the world of volunteering has really changed and there's a high number of hiring managers that consider volunteer work part of the package when their assessing if this is the right person for the job."

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Horoscope

♊ Gemini | May 22-June 20. By thinking things through to their conclusions, you will gain a sense of security. This will allow you to make your moves with confidence.

♋ Cancer | June 21-July 22. When you and your mate have a common objective, the probability of achieving it is excellent. The secret is to work together in harmony.

♌ Leo | July 23-Aug. 22. A promising trend is taking place, so you should be alert for opportunities. One could be especially significant to your financial situation.

♍ Virgo | Aug. 23-Sept. 22. Your popularity is ascending, producing benefits of a tangible and intangible nature. Try to take advantage of everything.

♎ Libra | Sept. 23-Oct. 22. You have a marvelous knack of bringing out the best in colleagues. You will inspire the insecure and engender success wherever you go.

♏ Scorpio | Oct. 23-Nov. 21. There is plenty of justification for your optimism about a big project. You have the ability to pull it off, and Lady Luck might give you a boost as well.

♐ Sagittarius | Nov. 22-Dec. 21. Although a financial opportunity might not look good at first glance, on closer study, you could find the chances for growth to be quite substantial.

♑ Capricorn | Dec. 22-Jan 20. Because you recently were considerate enough to look out for another person's interest, he or she will make every effort to return the favor.

♒ Aquarius | Jan. 21-Feb 18. The rewards you seek will be more gratifying if you deal with persons who possess a traditional outlook rather than with those who are too progressive or avant-garde.

♓ Pisces | Feb. 19-March 20. You could get involved in a development that will require some serious effort on your part. Find a way to turn it around, and you'll gain some important supporters.

♈ Aries | March 21-April 20. You'll be thinking clearly today, and you shouldn't have any trouble making some big accomplishments. This is a good time to focus on meaningful goals.

♉ Taurus | April 21-May 21. If you deal with your subordinates in a thoughtful manner, you should have a pretty easy row to hoe. With solid teamwork behind you, you'll go far. BERNICE BEDE OSOL

Letters

Hats off to the nation's best young speller!

I would like to praise Arvind Mahankali, a student at Nathaniel Hawthorne Middle School in Bayside, for being the winner of the 2013 Scripps National Spelling Bee. He won for correctly spelling the word "knaidel." This 13-year-old truly is a remarkable young man, and I believe Arvind can do anything he sets his mind to accomplish.
FREDERICK R. BEDELL JR., VIA EMAIL

Premise of the Sex Issue is a major turnoff

Re: 'The Sex Issue' (Metro, May 31-June 2) Do we really need a two-page spread with photos of Jesse Jane half-naked and polls as to "Sexually, How Do You Rate?" I find that appalling, disgraceful and disgusting. Since when should people be judged on the size of their private parts to explain how "good" they are in bed or what kind of person they are? What they do in the bedroom is their business. Why not have a two-page spread on volunteer work that is being done in the city this weekend, or neighbors being honored for a safe community? Is this what journalism has come to?
MARY HULL, VIA EMAIL

And on the subject of 'fatkinis...'

Why not call them bigkinis?
ROBERT KELLY, VIA EMAIL

Online

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Sudoku: Easy and hard

5	6		3		1	4		
						6	1	9
9	8							3
				1	8			2
			4	7	3			
3			9	6				
7							2	5
1	4	5						
		3	1		6		7	4

				2	9		8	
3	2		5	6			4	
				4		5		
	9	1				4		
5		4				7		1
		3				2	6	
		6		7				
	4			9	8		7	5
	3		2	5				

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 Calf's bellow
5 — loose (relaxes)
10 Door frame
14 Melville opus
15 "Star Trek" role
16 Genesis hunter
17 Eclipse, to an ancient
18 Exxon rival of yore
19 Talk up
20 Bunch of flowers
22 Locker room activity (2 wds.)
24 Beat the field
25 Daisy — Yokum
26 Explorer Sebastian —
29 — de deux
32 Spoor
36 Like pecans
37 Dalmatian, to a firefighter
39 Haggard novel
40 Too assertive
43 IOU part
44 Coin-slot word
45 Belly dancer's need
46 Real estate
48 Birthday no.
49 Tart fruit
50 Rock's — Leppard
52 Drop the ball
53 Lionized
57 Musical gourds
61 To the — (fully)
62 Specks
64 Became threadbare
65 Touche provoker
66 Potter's finish
67 Ocean bird
68 Dandelion, to some
69 Stair post
70 View as

Down
1 Timely blessing
2 BB shot
3 Misfortunes
4 Solitude enjoyer (2 wds.)
5 Earthling
6 Crow's-nest cry
7 Worn-down end
8 Tight hold
9 Oregon's capital
10 Medieval clown
11 Offshore
12 Browser's place
13 Weight
21 Fetched
23 Ms. LaBelle
26 Cold-weather drink
27 Asserts
28 Nuisances
29 Bedding plant
30 Purplish flower
31 Leaves a mark
33 "Lou Grant" lead
34 Meeting leader
35 Shade of green
37 Dude, Jamaica-style
38 Old-time slugger Mel —
41 Ceremonies
42 Dumbstruck
47 Made typo-free
49 Icy remark?
51 Dissemble
52 Atelier item
53 Sigh of relief
54 Ready to harvest
55 Toward shelter
56 Give out sparingly
57 Labyrinth
58 Prepare an apple
59 "Rule Britannia" composer
60 Come across as
63 Playing marble

Thursday's answer

D	R	A	I	N	■	B	E	B	O	P	■	N	A	H
A	I	S	L	E	■	A	G	E	N	A	■	U	T	A
M	A	P	L	E	■	D	O	N	O	R	■	T	R	I
■	■	■	D	I	G	S	■	■	A	S	T	I	R	■
B	E	E	L	I	N	E	■	P	A	P	A	Y	A	S
A	L	L	I	E	D	■	F	I	R	E	S	■	■	■
A	D	A	I	R	■	F	L	O	A	T	E	R	S	■
S	E	T	■	■	P	L	A	N	B	■	■	E	L	S
■	R	E	C	R	U	I	T	S	■	L	E	G	A	L
■	■	■	B	U	R	P	S	■	B	E	R	A	T	E
I	M	P	E	D	E	S	■	M	A	N	G	L	E	D
C	A	I	R	O	■	■	S	O	L	D	■	■	■	■
I	S	T	■	L	O	F	T	S	■	E	N	S	U	E
L	A	O	■	P	L	E	A	S	■	R	E	T	R	O
Y	I	N	■	H	E	N	R	Y	■	S	C	E	N	E

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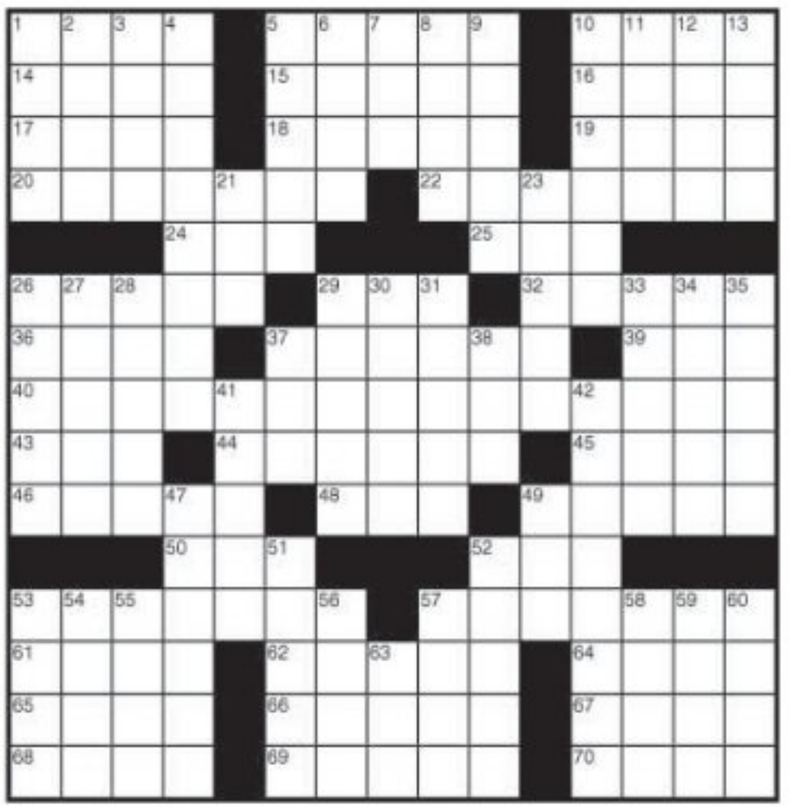

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Rask making believers of us all this postseason

NHL playoffs. The B's goaltender did the unthinkable by shutting out the high-powered Penguins.

Bruins goaltender Tuukka Rask stifled Chris Kunitz and every other Penguin who got a shot on goal in Game 1. / GETTY IMAGES

Tuukka Rask could very well be "that goalie" in 2013. More than anything else this time of year, a Stanley Cup contender wants to have the hot 'tender in net, and Rask has had several moments this spring that lead one to believe that he could be Tim Thomas 2.0.

Rask had the best weekend out of the handful of goaltenders remaining in the Cup playoffs, turning away 29 Pittsburgh shots in a Game 1 shutout win Saturday night. The Penguins had scored a whopping 13 goals in the two playoff games they played prior to Game 1 of the Eastern Conference Finals (Games 4 and 5 vs. Ottawa). They also had not been shutout in the postseason prior to this past weekend. Remarkably, the Pens had not been shutout once in the 2013 regular season either, and had not registered a goose egg since Feb. 1, 2012. For Rask to pull off the feat on the road in the first game of a highly anticipated East final was stunning to most, but the Finnish netminder has had a few believers out there for quite some time now.

"The best goalies in the world, that's how they play," B's wing Nathan Horton told the Pittsburgh Tribune Review. "He takes the angle right away. When he's out of position, he gets back quick, and he stops it.

"He's quick like a cat. He's fast. He's steady. He knows how to position himself."

It was Rask's first shutout since a blanking of the Lightning in the regular season on April 25. He had five shutouts in 34 games started in the regular season.

Game 2 of the B's-Penguins series is tonight in Pittsburgh (8, NBCSN). Game 3 is in Boston on Wednesday (8 p.m., NBCSN).

MATT BURKE
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Cooke monster

B's take high road on Cooke hit

The Bruins did not go into much detail after Game 1 regarding Penguins wing Matt Cooke's controversial hit in the second period on defenseman Adam McQuaid.

"[Cooke] hasn't been a dirty player for a long time now, and I'm not sure if he was trying to do [anything dirty]. I think Quaider's OK, so that's all I'll say about it," Bruins wing Nathan Horton told ESPN. METRO

Red Sox

Young Sox arms gaining trust in Pawtucket

The road to being a full-time major league player includes going through the ups and downs of being sent up and back down in the early stages. This is exactly what pitchers Alex Wilson and Allen Webster are going through right now in the Red Sox organization. But the key remains to not get down, and to use the short time in the majors as a learning experience.

Allen Webster is coming along steadily in Pawtucket. / GETTY IMAGES

"It's been great, a really great learning experience," said Webster, who has made two starts with the Red Sox this season and has been sent back down immediately following those starts.

The 26-year-old Wilson, on the other hand, had been with the Red Sox since April 11, making 15 relief appearances in his first big league stint, allowing five earned runs over 18 innings before being sent down last Wednesday.

"Unfortunately, I was a victim of a numbers game up there," said Wilson, who was sent down when Jackie Bradley Jr. was recalled. "I had an idea I was probably one of the guys on the list because of my options situation. It's part of the game."

Lucky for Wilson, he was able to show he has the ability to pitch at the big league level and gain the confidence of members of the organization.

"I got almost six weeks up there and threw the ball well," Wilson said. "I believe I started to gain the trust of everyone up there on the field and off, which is always what you want to do your first time up." RYAN HANNABLE

3 SPORTS

NBA

Hibbert apologizes for gay slur

Indiana Pacers center Roy Hibbert apologized yesterday for using a gay slur during a postgame interview. When asked Saturday night about his defense on Miami's LeBron James, Hibbert ended his answer with the phrase "no homo." The Pacers and Heat play Game 7 of the Eastern Conference Finals tonight in Miami (8:30, TNT).

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Highlights of last night's Red Sox-Yankees game at **Metro.us/sports**

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